

2 September 2019

KIA ORA KOUTOU

PRINCIPAL'S NEWS

Upper Hutt Soccer Tournament - We wish our 2 teams all the best as they compete against the other Upper Hutt Primary Schools today at Trentham Memorial Park. Thanks to the parents who are helping with transport and a special mention to Glen Manson who has led the training sessions to prepare them for the games.

Safety at the Weekend Around School - We were told at the weekend that children were seen climbing around on the hall roof (Sunday afternoon). This is incredibly dangerous as there is a risk of serious injury if they fell. Many thanks to the person who let us know. If you are around school using the facilities, please be vigilant and let us know if something is not right.

Welcome to Plateau - We were able to officially welcome Don Russell (our new caretaker) and Melissa Dingwall (Teacher Aide in Kea class) to the Plateau team on yesterday. It is great to have you on board!

School Photos - It is great to be welcoming Sue Allman to our school to take class and individual/sibling photos yet again.

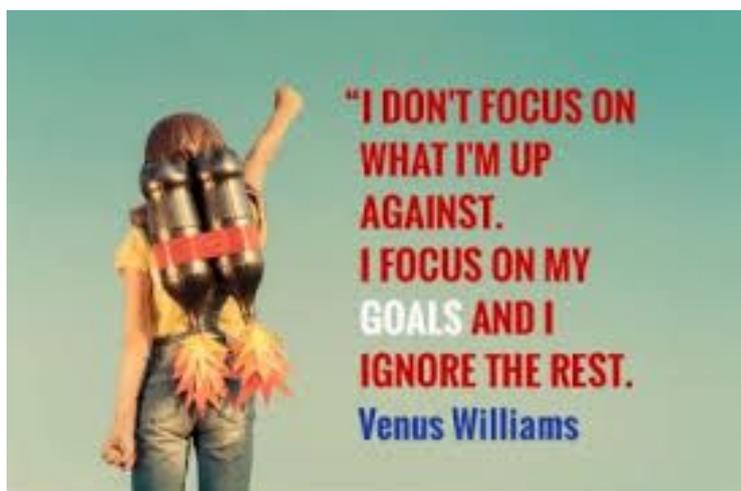
<https://www.sueallmanpeople.co.nz/>

Sue always does an outstanding job. Given the feedback from parents last year we are splitting the 2 collaborative Senior classes into Kiwi, Paua, Kea and Ruru rather than having them in the same photo. Should be easier to spot individuals that way. Photos will take place on Wednesday and Thursday this week. The timetable is below.

Wednesday 4 th September	Thursday 5 th September
Pukeko x17 New entrants /year 1 9.30 - 10.30	Tui x17 New entrants /year 1 9.30 - 10.30
Ruru x26 Year 6 11.00 - 12.00	Kiwi x26 Year 3+4 11.00 - 12.00
Paua x27 Year 3+4 12.15 - 1.15	Kea x29 Year 5 12.15 - 1.15
	Tuatara x19 Year 2 2.00 - 3.00

Plateau Facebook - All our blog posts, Flickr photos and recent school news are gathered on our Facebook page making it the "one stop shop" for school events.
www.facebook.com/plateauschool

There are also two associated Facebook pages and our Flickr page which has many photos from different events for you to peruse:
<https://www.facebook.com/PlateauHomeandSchool/>
<https://www.flickr.com/photos/plateauschool/>



PB4L CORNER

Some of Tuatara wrote about what value they thought they were good at showing. Here are some of their pieces of writing:

I think I am really good at respect. I am respectful on the mat by sitting nicely and listening to the teacher. I am also respectful to the environment and also I listen to others. - Madeline Wilson

I think I am really good at aiming high at Jump Jam and I like to try new things. - Celia Turley

I am resilient because I get up when I fall over. I am always resilient everyday. - Ryan Marsh

I aim high because I do well in Jump Jam. - Sammie Webster

I aim high when I try my best in writing time. I work hard at reading time too. - Max Burrell.

I think I am very good at the value of caring. I care for my friends and the environment and the furniture. - MacKenna Girling



HOME & SCHOOL NEWS

Plateau School Gala Requests

The Plateau School gala is coming up on Sunday 10 November.

If you have any no-longer-wanted crockery (chipped, unloved, etc) which we could use for the crockery smash stall, please could you send/bring it along to school for use at the gala? Or call Neville on 934 4114 if you'd like it collected.

Musically talented people - would you be interested in performing in the outdoor stage? Please let Neville know...

Please can you bring in empty, clean wine bottles (minus the labels) to Ruru?

Friday 20th September is Plateau School SuperHero Day. Dress up as your favourite SuperHero and bring a mystery bottle in.

Friday 1st November is PJ Day - wear your PJ's and bring in a food item for the grocery raffle for the Gala. In order for us to get a variety of food, we would really appreciate the following classes bringing the food listed for their class.

Thanks.

Kea & Ruru - Snack foods (biscuits, crackers, bars, lollies, nuts, chips, etc)

Paua - Canned food

Kiwi - Body Products (toothpaste, soap, body wash, moisturiser, etc)

Tuatara - Meal ingredients (Pasta, noodles, sauces, rice, oils, baking items)

Tui - Breakfast foods (cereals, spreads, tea, coffee, juice)

Pukeko - Chocolate

The Home & School AGM is on Monday 9th September at 6.30pm. There will be another committee meeting on Tuesday 24th September at 6.30pm. You are welcome to come along to either (or both). We would love to see you there.

YEAR 5/6 CAMP 2020 NEWS

There will be a camp meeting on Thursday 17th October at 6.30pm. This is for parents of our current Year 4 and 5 students. A Signmee will be sent out with more information.

Just a reminder that you are welcome to start paying towards the camp costs, at this stage the cost will be approximately \$370 per child and \$185 per adult. We have been fundraising through fish and chips, sausages, hot cross buns, etc, and plan on holding a fundraising event next term. We will also apply for grants to assist with the cost, and fingers crossed, we will be successful. This will all help to reduce the cost, but at this stage, we can't say by how much.

Camp fees will need to be paid in full by the end of January next year.

OTHER NEWS

Planting at Kaitoke - Our annual planting at Kaitoke will take place on Monday 16th September from 9.30 - 12pm. This is just for our Year 5 & 6 students. A Signmee has been sent out, so please log on and complete the permission form. Thanks.

Wanted - If you have any scraps of gold, silver, red, green or brown fabric that you no longer need, please send them to Ruru. Thanks.

Friday Lunch Helpers - We are running a little short on help for our Friday lunches. If you are able to spare an hour on the occasional Friday to help with heating and serving our lunches, please let Sandra or Suzanne know. Thanks.

Netball - Congratulations on a great season to all our netballers. A huge thank you to Kelly Fairbrother for co-ordinating this year, and also to our coaches and umpires. We couldn't do it without you, so from all the netball parents and children - a massive thank you!

Could all netball students please return their netball uniforms to the office this week please.

DanceSplash - Our DanceSplash Performance is being held at the Michael Fowler Centre on Wednesday 18th September at 7.45 pm. (There is more information on the website www.wellington.govt.nz/artsplash).

Tickets for this performance are available from our school office for \$5.00 each. Parents wishing to go and watch their children will need to purchase a ticket each (and any siblings). Ticket sales will close on Friday 13th September, so please ensure you call in to the school office to purchase yours before this date. Thanks.

GARDENERS' CORNER



The school gardeners have recently chopped down the crop of winter lupins that was in most of the garden beds. The lupin foliage will soon be dug back into the garden beds to enrich the soil with more organic matter. Compost from the school's compost bins will also be dug into the garden beds, getting them ready for spring planting.

If you would like to participate in spring planting season - and beyond - do let us know! The children of our gardening parents (Hannah Parker and Kate Dowling) only have one and two years respectively left at Plateau School, so it would be great to have some new parents team up with Hannah and Kate, to learn alongside them. The time commitment is about one hour per week, during term time; usually 8.45am-9.45am on Wednesday mornings. If you're interested, please contact Kate or Hannah in person, or Kate on 021 146 4115.

HOUSE-KEEPING

Calling in to School - Please ensure you sign in at the office if you are going to be at school for any length of time (this does not include if you are dropping off or picking up your school age children (preschool visitor parents will still need to sign in). If you need to drop something off to your child, please drop it into the office and Suzanne or Sandra will take it over for you. This stops any disruption to the classroom. Your support with this is appreciated.

Absences - If your child is going to be absent from school, please ensure you notify the school by 8.45am. We have a dedicated answer phone message for leaving an absence. Please remember to state your child's name, room and the reason for the absence. If you do not give a reason, we have to record your child down as an unjustified absence. Medical certificates are required for 5 or more days away from school due to sickness.

After School Care - Please remember to book your child into After School Care on the days that they will be attending (unless they are regulars). We need to know who is supposed to be attending for the safety of our students. Also, if your child is regularly in on a particular day and they won't be there for some reason, please let us know. We appreciate your support. Thanks.

Before School Care operates between 7.30am and 8.30am and After School Care starts at 3pm and closes at 6pm. All children must be collected by 6pm at the latest.

Time sheets showing the balance owing will be emailed to you at the beginning of each month, for the month previous.

Toys at School - We understand that children want to bring their special toys to school to show their friends. However, we discourage this as, more often than not, the toys end up broken or missing, which is very upsetting for the children plus they can also cause a distraction in class. Please support us in this by ensuring your children do not bring their toys to school, as we take no responsibility for broken, lost or missing toys. Thanks.

Parking - Just a reminder that parking is not permitted in the school grounds between the hours of 8am - 4pm. Thanks.

The Police are doing random visits to monitor driving and parking habits outside our school. Please ensure you drive slowly down Molloy's Road, watch out for children crossing, and do not stop on the yellow lines (even to drop off your child).

Signmee - Please note that you are able to go back in and change any responses that you have completed on Signmee.

DATES FOR YOUR DIARY

September

- Wednesday 4th - School Photos
- Thursday 5th - School Photos
- Football Tournament Postponement Date
- Friday 6th - Onesie Day
- Monday 9th - Te Reo Week
- Home & School AGM, 6.30pm
- Monday 16th - Conservation Week (Planting 9.30 am - 12 pm)
- Tuesday 17th - BMX Challenge
- BOT Meeting, 7pm
- Wednesday 18th - Final Enrichment Class
- Friday 20th - SuperHero Day (bring a mystery bottle)
- Tuesday 24th - Home & School Meeting, 6.30pm
- Wednesday 25th - Lion King Show
- Friday 27th - Last day of Term 3

October

- Monday 14th - First day of Term 4
- Tuesday 15th - BOT Meeting, 7pm
- Thursday 17th - Camp Meeting, 6.30pm
- Friday 25th - Teacher Only Day - School Closed
- Monday 28th - Labour Day - School Closed
- Tuesday 29th - Teacher Only Day - School Closed

November

- Friday 1st - PJ Day (bring a grocery item - please see above for details)
- Sunday 10th - Plateau School Gala

TERM DATES FOR 2019

- Term 3 - Mon 22nd July - Fri 27th September (100 half-days)
- Term 4 - Mon 14th October - Thur 19th December (94 half-days)

**THERE WILL BE TWO TEACHER ONLY DAYS IN TERM 4
(FRIDAY 25TH & TUESDAY 29TH OCTOBER 2019 - SCHOOL CLOSED)**

SCHOOL LUNCHES



School Lunches – School lunches this week:

Thursday – Subway (\$5.00 mini sub pack, \$6.00 6" sub pack). To order please go to www.subway.co.nz. Select "Online Ordering" then "Subway School Lunch Programme". Close off for orders is 8.45am that morning. If you have any issues with the ordering process, please contact 0800 782 273.

Friday - Sausage in Bread / Fish Fingers in Bread (\$2.00 each)
Gluten-free Sausage in Bread Option Available.

COMMUNITY NEWS

A Whitby Collegiate Education for your Son or Daughter in Year 7, 2020 Open Day

From the beginning of 2020, Marsden Whitby will become Whitby Collegiate. You are invited to the Whitby Collegiate Open Day on Sunday 15 September, any time between 11am and 1pm. This is a great opportunity to see the Whitby Collegiate campus and to find out about our future-focused learning programmes. There will be staff and students to talk to and our students look forward to showing you around.

Enrolments - Whitby Collegiate applications for enrolment for 2020 are now open. We encourage you to come and visit our school and invite students to spend time in class with us. If you have any questions or would like a personal tour, please contact Lorraine Rose on 04 234 1070.

Transport - There are easy transport links to Whitby Collegiate and our school buses bring students from the Hutt Valley, Johnsonville, Churton Park, Tawa and Aotea, and connect with the train for students travelling from the Kapiti Coast.



WELLINGTON BRICK SHOW

September 14th-15th

Lower Hutt Events Centre
30 Laings Road, Lower Hutt, Wellington

AMAZING LEGO® CREATIONS

9am-5pm
Saturday and Sunday

\$5 entry per person
Under 3s FREE
\$20 family pass
(2 adults, 3 children)

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Fuelling for Health & Performance for Competitive Athletes

Seminar

OVERVIEW

- Research findings - brief summary
- Impact of good/bad nutrition on training/performance/competing
- Physical/psychological impacts
- Nutrition for pre-training/daily training/competing/recovery
- Practical take-home ideas/solutions - meals/snacks/after-school/pre-training
- What coaches need to know
- Physiology, training, nutrition & recovery specific to female athletes

SATURDAY, SEPT 7TH 2019

SOUTH LOUNGE, UPSTAIRS @ THE HUB

Toitu Poneke Community Hub
Kilbirnie Park

12.50PM - REGISTRATION

1PM-2:45PM - NUTRITION FOR ALL ATHLETES

3PM-4PM - FEMALE ATHLETES - PHYSIOLOGY & NUTRITION

TICKETS - \$10ea

BOOK HERE:

<http://bit.ly/Athlete-Nutrition-Seminar>



PRESENTED BY:

**CAPITAL SWIM CLUB &
WELLINGTON DIVING CLUB**

Enquiries: Barbara 027 485 8888

Made with PosterMyWall.com Or admin@wellingtondiving.org.nz

With Dr Stacy Sims

Environmental Exercise Physiologist & Nutrition Scientist specializing in sex differences of heat &/or altitude stress, recovery, genetics, & nutrition to moderate adaptive responses for performance. Stacy works with athletes from a range of sports including Rugby, athletics, rowing, road cycling & triathlon.

Her research in & practical application of sport science has elevated elite professional athletes performance through implementing specific cooling & heat adaptation strategies, hydration practices & overall nutrition to improve performance outcomes & overall health.

Stacy is also an expert in navigating the adolescent physiology to help young athletes achieve optimum development, health and performance.

Stacy is the author of ROAR: "Women are not small men".

